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Older Americans - Age Strong! Live Long!

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Age strong! Live long! Now is a great time to honor the legacies and ongoing contributions and recognize the diversity and vitality of today's older Americans.

There are now more than 296,000 Nebraskans age 60 and over. The projection for Nebraska is that the senior population will total 415,000 by 2020. The U.S. senior population currently numbers 51.7 million and is expected to be 71.5 million by 2030.

The number of older Nebraskans is growing with the addition of the Baby Boomers—the largest generation in our country's history. People are living longer, creating three generations of older Americans—the Baby Boomers, the Silent Generation and the Greatest Generation. These make up a very diverse group of people, not only culturally but also with wide differences in life experiences. We stand to learn a lot from listening to them.

Older Americans are living longer and are more active than ever before in volunteering to serve worthwhile causes. For example, they volunteer for programs that improve health literacy, increase access to quality health services, offer food and nutrition services, provide financial and housing counseling, sponsor social activities and community engagement, and more. Their contributions are invaluable.

Their remarkable achievements demonstrate the strength and character of older Americans and underscore the debt of gratitude we owe them for their contributions to society. And they continue to contribute today.

I'm also proud of the work the Nebraska Department of Health and Human Service's State Unit on Aging does to assist our older Nebraskans. It administers grants from the federal Older Americans Act and state funds to the eight Area Agencies on Aging to support local programs and services. Each Area Agency on Aging helps provide needed services for the aging population.

For more information about services, call 1-800-746-8420 or go to <http://answers4families.org/family/eldercare>. If you'd like to volunteer with your local Area Agency on Aging, call 1-800-677-1116 or visit <http://www.eldercare.gov>.